



Forum: International Dishes

Topic: recipes to share

Subject: Re: recipes to share

Posted by: Annie

Posted on: 2007/5/31 3:50:06

If you like balsamic vinegar you will love this salad.

Avacado and balsamic chicken salad.

400g skinless chicken breast fillets
1 spanish onion, sliced into wedges
1 clove garlic, crushed
1/4 cup balsamic vinegar
1 tbs honey
1 tbs dijon mustard
1 bag gourmet salad
200g green beans, blanched
1 pkt. truss tomatoes, washed and sliced in half
1 avacado, sliced
3 tbs toasted pine nuts
shaved parmesan cheese
salt and pepper to taste.

Heat the oil in a large non-stick frying pan over med. heat. Add the chicken breasts and cook for 4-5 minutes on each side or until cooked through. Remove from the pan.

Add the onion and garlic to the pan. Saute for 4 mins or until onion is tender. Whisk together balsamic vinegar, honey and dijon mustard. Return chicken to the pan and pour over the dressing. Simmer for one minute.

Remove chicken from the pan and slice.

Toss with salad leaves, beans tomatoes, avacado, pinenuts and dressing. Serve topped with shaved parmesan cheese. Season to taste.

To toast the pinenuts put into a non-stick fry pan and heat on med. to high, stirring all the time in case they burn. When ready shake on to a paper towel to cool.

Another wee hint, to keep the onion wedges from falling apart, do not cut the bottom off the onion, then cut in half and quarters and it should stay together. Enjoy I do.

Attached file:Â

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